



# YMCA ALEXANDRIA SPRING POOL SCHEDULE

Effective May 12 - June 25, 2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Please shower  
before entering  
the pool.**

**No photography  
or videos allowed.**

**Spectators must  
view from  
upstairs.**

**Pool closes 30  
minutes before  
the building.**

**Schedule subject  
to change with  
events.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:30AM - 8:00AM</b>	<b>5:30AM-7:30AM</b>	<b>5:30AM - 8:00AM</b>	<b>5:30AM-7:30AM</b>	<b>5:30AM - 8:00AM</b>	<b>7:00AM-9:00AM</b>	<b>9:00AM-1:00PM</b>
	4 Lap	2 Lap 2 Class	4 Lap	2 Lap 2 Class	4 Lap	4 Lap	4 Class
	<b>8:00AM-10:00AM</b>	<b>7:30AM-12:00PM</b>	<b>8:00AM-10:00AM</b>	<b>7:30AM-12:00PM</b>	<b>8:00AM-10:00AM</b>	<b>9:00AM-1:00PM</b>	<b>1:00PM-2:00PM</b>
	1 Lap 3 Water Fitness	4 Lap	1 Lap 3 Water Fitness	4 Lap	1 Lap 3 Water Fitness	4 Class	2 Lap 2 Water Fitness
	<b>10:00AM-11:00AM</b>	<b>12:00PM-1:00PM</b>	<b>10:00AM-1:00PM</b>	<b>12:00PM-1:00PM</b>	<b>10:00AM-3:00PM</b>	<b>1:00PM-4:30PM</b>	<b>2:00PM-6:30PM</b>
	2 Lap 2 Class	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	3 Lap 1 Rec**	2 Lap 2 Class	2 Lap 2 Rec**
	<b>11:00AM-4:30PM</b>	<b>1:00PM-4:30PM</b>	<b>1:00PM-4:30PM</b>	<b>1:00PM-4:30PM</b>	<b>3:00PM-4:30PM</b>	<b>4:30PM-7:30PM</b>	
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	1 Lap 3 Class	2 Lap 2 Rec**	
	<b>4:30PM-6:30PM</b>	<b>4:30PM-6:30PM</b>	<b>4:30PM-6:30PM</b>	<b>4:30PM-6:30PM</b>	<b>4:30PM-7:30PM</b>		
	1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team		
	<b>6:30PM-7:30PM</b>	<b>6:30PM-7:30PM</b>	<b>6:30PM-7:30PM</b>	<b>6:30PM-7:30PM</b>	<b>7:30PM-9:30PM</b>		
	2 Swim Team 2 Water Fitness	2 Swim Team 2 Water Fitness	3 Swim Team 1 Lap	2 Swim Team 2 Water Fitness	2 Lap 2 Rec**		
	<b>7:30PM-8:30PM</b>	<b>7:30PM-8:30PM</b>	<b>7:30PM-8:30PM</b>	<b>7:30PM-8:30PM</b>			
	1 Lap 1 Class 2 Rec**	1 Lap 1 Class 2 Rec**	1 Lap 1 Class 2 Rec**	1 Lap 1 Class 2 Rec**			
	<b>8:30PM-9:30PM</b>	<b>8:30PM-9:30PM</b>	<b>8:30PM-9:30PM</b>	<b>8:30PM-9:30PM</b>			
	4 Lap	4 Lap	4 Lap	4 Lap			

Lane assignments subject to change based on special events, maintenance, and unexpected closures.

Lap = Lane open for swimmers to swim continuous laps. Sharing lanes and circle swimming is enforced.

Class = Lane designated to a swim lesson.

Water Fitness = Lane designated to a water fitness class.

Rec\*\* = Lane open for swimmers not swimming continuous laps. Examples: Children and parents, water exercise. Private Lessons also held in this area.

Swim Team = Lane designated to Sea Dragons Swim Team practice.